

## PRESS RELEASE

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## ONS Foundation Presents Program for Preventing Throwing Injuries in Kids

Pain is no gain when it comes to kids and baseball. ONS Foundation doctor, coaches and PT offer advice on sports injury prevention for kids.

GREENWICH, CT – *March 2, 2011* - Participation in baseball and other team sports has undisputed benefits for kids in addition to providing great exercise. The list of rewards includes building self esteem and communication skills, and learning cooperation and the importance of a work ethic. However, along with the positives are associated risks for sports injuries that can take the fun right out of the game. On **Tuesday, March 29, at 7 p.m.** the [ONS Foundation for Clinical Research and Education](#) will present *Preventing Throwing Injuries*, a free program designed to raise awareness of the potential for injuries from “throwing sports,” and offer tips for keeping kids on the playing fields and out of the doctor’s office. The program, which is co-sponsored by the OGRCC (Old Greenwich-Riverside Community Center), will take place at Eastern Middle School, 51 Hendrie Avenue in Riverside, CT. Admission is free but reservations are required. To register for *Preventing Throwing Injuries* call 637-3659 or 869-3131, or email [ogrcc.execasst@yahoo.com](mailto:ogrcc.execasst@yahoo.com).

[ONS](#) sports medicine specialist and orthopaedic surgeon Tim Greene, MD will discuss the arm injuries most often associated with throwing sports, and what can be done to prevent injuries. ONS physical therapist Alicia Hirscht, DPT will talk about safe conditioning and strengthening techniques. Sam Colon, of Pro Swing in Port Chester will discuss the importance of proper training techniques along with former Major League Baseball pitcher Mike Porzio, who will also talk about his experiences playing professional baseball.

“Even with pitch counts that limit how often kids throw in a game, kids are getting hurt doing what they love,” said Dr. Sethi, who is an orthopaedic surgeon and President of the ONS Foundation. “It is all too

common to hear about young players who have sustained an injury that requires a surgical procedure to repair. Many throwing injuries can be avoided if you know how to condition and train properly. “ The ONS Foundation educational program is designed to give kids, their parents, coaches and trainers information on why throwing makes arm joints susceptible to injury as well as safe conditioning and strengthening techniques to prevent injury. The latest research on effective non-surgical and surgical treatments for the most common arm injuries will also be discussed.

**Tim Greene, MD** is an orthopedic surgeon who is fellowship trained in sports medicine and hip arthroscopy, an innovative technique that has revolutionized the treatment of various hip problems. He graduated Princeton University and earned his medical degree at the Medical College of Georgia. He performed a residency in orthopedics at Emory University and served as associate team physician to the athletic teams at Georgia Tech. Dr. Greene completed fellowship training at the Steadman Hawkins Clinic in Vail, Colorado. While there, he served as associate team physician for the U.S. Ski Team. Dr. Greene’s interest in sports medicine derives from his ongoing personal interests. In college, he played varsity football, served as team captain and earned numerous awards for outstanding athletic achievement. He has authored a number of articles and chapters in major orthopaedic publications.

**The ONS Foundation for Clinical Research and Education** wants to give people who enjoy sports activities, a range of tools and techniques to keep them enjoying their sport and out of the doctor’s office. *Preventing Throwing Injuries* is the first of four, free injury-prevention programs will be presented by fellowship-trained orthopedic surgeons, sports medicine physicians and physical therapists affiliated with the ONS Foundation. Topics covered include injury prevention for youth baseball players, adult tennis players and golfers, triathletes and runners. Most programs take place at the offices of ONS, Orthopaedic and Neurosurgery Specialists at 10 Valley Drive in Greenwich.

The ONS Foundation is a non-profit organization devoted to helping reduce sports injury and supporting healthy living through educational programs and clinical research. [Educational programs](#) are offered to the community on a variety of topics throughout the year. All events are free of charge.